

# MEALS ON WHEELS (MOW) & CONGREGANT MEALS (CM)

WASATCH COUNTY SENIOR CENTER PHONE: 435-654-4920

# April 2019

Mon.	Tue.	Wed.	Thu.	Fri.
<b>1</b> <b>MOW:</b> Chicken Fried Steak, Potatoes & Gravy, Peas, Peaches & Roll  	<b>2</b> <b>MOW:</b> Roast Beef, Potatoes & Gravy, Carrots, Tropical Fruit & Roll <b>CM:</b> Aussie Chicken, Potato, California Blend Veggies & Roll	<b>3</b> <b>MOW:</b> Creamy Chicken Pasta, Green Beans, Pears & Roll	<b>4</b> <b>MOW:</b> Fish, Au Gratin Potatoes, Carrots, Jell-O w/Fruit Cocktail & Roll  <b>CM:</b> Macaroni Soup, Pigs in a Blanket & Fruit	<b>5</b> <b>MOW:</b> Pulled Pork Sandwich, Tator Tots, Corn, Coleslaw, Pineapple & Bun
<b>8</b> <b>MOW:</b> Chicken Strip, Potatoes & Gravy, Peas & Carrots, Peaches & Roll	<b>9</b> <b>MOW:</b> BBQ Riblet, Mac & Cheese, Pork-N-Beans, Cottage Cheese, Pineapple & Roll  <b>CM:</b> Salad Bar w/Trimmings	<b>10</b> <b>MOW:</b> Spaghetti w/Meat Sauce, Corn, Green Salad w/Ranch, Mandarin Oranges & Garlic Toast	<b>11</b> <b>MOW:</b> Pork Chop Potatoes & Gravy, Green Beans, Applesauce, Cookie & Roll  <b>CM:</b> Chicken Strips, Fries, Corn, Coleslaw & Roll	<b>12</b> <b>MOW:</b> Crunch Top Ham & Potato Casserole, Carrots, Jell-O w/Fruit & Roll
<b>15</b> <b>MOW:</b> Chicken Noodle Casserole, Peas & Carrots, Banana & Roll	<b>16</b> <b>MOW:</b> Beef Stew, Tator Tots, Green Beans, Peaches, Pudding & Roll  <b>CM:</b> *BREAKFAST* Hashbrowns, Eggs, Bacon, Biscuits & Gravy, Fruit, Juice & Milk	<b>17</b> <b>MOW:</b> Picante Chicken, Red Potatoes, Corn, Banana Pudding & Roll	<b>18</b> <b>MOW:</b> Jumbo Stuffed Shells, Mixed Vegetables, Cottage Cheese, Pears & Roll  <b>CM:</b> Ham Dinner w/ Easter Trimmings	<b>19</b> <b>MOW:</b> Turkey Sandwich, Potato Salad & Apple Slices
<b>22</b> <b>MOW:</b> Chicken Cutlet, Potatoes & Gravy, Peas & Carrots, Pears & Roll	<b>23</b> <b>MOW:</b> Sweet & Sour Pork Over Rice, Carrots, Egg Roll, Orange Wedge & Roll  <b>CM:</b> Fish, Au Gratin Potatoes, Green Beans, Pears & Roll	<b>24</b> <b>MOW:</b> Grilled Chicken, Potatoes & Gravy, Peas, Tropical Fruit & Roll	<b>25</b> <b>MOW:</b> Meat Loaf, Potatoes & Gravy, Green Beans, Peaches & Roll  <b>CM:</b> Seasoned Baked Chicken, Rice Pilaf, Mixed Vegetables, Peaches & Roll	<b>26</b> <b>MOW:</b> Salisbury Steak, Potatoes & Gravy, Mixed Vegetables, Cantaloupe & Roll
<b>29</b> <b>MOW:</b> Chicken Cordon Bleu, Potatoes & Gravy, Peas, Peaches & Roll	<b>30</b> <b>MOW:</b> Ham Au Gratin Potatoes, Carrots, Pineapple, Cookie & Roll  <b>CM:</b> Pork Chop, Potatoes & Gravy, Carrots, Applesauce & Roll			

**SUGGESTED MEAL DONATIONS** The suggested contribution for the meal program at the Senior Center and for Meals on Wheels is \$3.00 per meal for seniors 60+ and their spouse. The mandatory cost for those persons younger than 60 years old is \$6.00. Seniors with more financial resources are encouraged to donate the full \$6.00